

VILLAGE VOICES

Y/ours 2 K/now

There's been a lot of talk and a lot more speculation about Y2K

computer "glitches" and how they will affect everyone. It's getting more difficult to watch the news or read a newspaper and not see an item related to the millennium bug or Y2K. That's why the Village of Park Forest has been working diligently on issues related to the Y2K dilemma.

Village officials began dealing with potential problems more than one year ago through a technology committee with representatives from every department including police and fire departments. An inventory and testing audit was done and all embedded computer chips that have no assurance of Y2K compliance have been replaced in an effort to insure normal village operations after the first of the year.

Water supply will not be affected. Park Forest owns its own water wells and even if electricity would be disrupted, Park Forest's water pumps can be operated manually.

ANIMAL ORDINANCES

Even "Man's Best Friend," the family dog, can sometimes be an unwelcome nuisance.

It is a violation of Village ordinance to allow your dog to repeatedly bark or disturb another person. Complaints, signed by the person disturbed may be filed for disturbing the peace.

Leash laws are strictly enforced. Village ordinances require that no dog be out of doors unless restrained by a fence or a leash less than six feet long. Animals found running loose will be impounded and dog owners must pay a fee and show proof of rabies vaccination and license before release.

Animal owners can be fined if they don't clean up after their pet in public places or on another's property. And don't forget that very young children may not be able to control large dogs.

NEEDS TO KNOW

A new recycling and disposal directory with information on household items that should never be thrown out with regular trash put together by the South Suburban Mayors and Managers Association is now available at the front desk in Village Hall. The directory also lists items that can be recycled, or must be disposed of with care because they are toxic or flammable.

Happy New Year!



Getting Connected

Looking for a way to stay in touch with what's happening in Park Forest?

There is nothing more convenient than clicking on Park Forest's home page on the Internet. www.parkforest.org or search the "lincolnnet" to get information on the village, its history, activities, government and arts and culture.

In the "virtual community" link on the site, you can find out more about the village and its residents.

• Websites of interest to children of various ages.

• A link to the 50th Anniversary celebration.

• Local residents with web pages or e-mail addresses.

In the works is a comprehensive community calendar, Bulletin Board and more information on the village and its residents.

PARK FOREST



Detective Commander Mike McNamara won his fifth consecutive gold medal in karate team competition of the World Police and Fire Games held in Stockholm, Sweden. Competing against teams from 23 countries, the US-Czech team, featuring McNamara defeated teams from Sweden, Germany, Malaysia and Russia to win the title. McNamara, a member of the Park Forest Police for 18 years, also won a bronze medal in

individual competition.

Gordon Kridner of Park Forest, a teacher at Beacon Hill Primary Center is one of five staff members of School District 163 selected to serve on committees for the Illinois State Board of Education. Kridner is on the state's mathematics standards committee. Blackhawk



Intermediate Center teacher Barbara Burnett and Grants Administrator Karen Eisenbart served with Kridner. In addition,

Beacon Hill and Algonquin teacher Joyce Bricker served on the state's fine arts standards committee and district Spanish teacher Donna Staples was on the foreign language standards committee.



Safe and Sane HOLIDAYS

Police Chief Robert Maeyama cautions residents that the proverbial ounce of prevention should be practiced during the holiday shopping season.

- Keep packages locked in the trunk of the car and always lock car doors even if you'll be gone a few minutes.
- Never leave valuables, purse or wallet on a counter or shopping cart.
- Don't carry large amounts of cash and seldom-used credit cards.
- Stay alert at all times.

The Park Forest Fire Department will illuminate the December skies with their campaign to "Keep the Wreath Red." From Thanksgiving through the end of the year, a giant wreath strung with red lights will hang in front of the fire station on Lakewood Boulevard. Fire Chief Ron Welch explains that each time a fire is reported one of the red lights on the wreath will be replaced with a white bulb.

The Fire Department will be selling

calendars for the new year with artwork taken from lithographs drawn by firefighter/paramedic Joseph Gray. Each month will feature a different piece of department equipment and a fire safety message. Calendars will cost \$3 with all proceeds going toward the department's elementary fire safety education programs.

Some of the same prints are available either in a set of four or individually. Framed sets are \$50, or \$20 for a large print, \$15 for a small print. Unframed sets are \$20 or \$10 for a large print, \$5 for a small print.

In honor of Park Forest's 50th Anniversary, the Fire Department has commemorative child and adult t-shirts and sweatshirts for sale. T-shirts are \$10 and \$12. Sweatshirts are \$18. For more information on the calendars, the lithographs or the shirts, call 748-5605.

PARK FOREST FIRE DEPARTMENT

call 748-3731.

Park Forest residents are able to choose from a variety of cultural offerings - All of the programs are reasonably priced with plentiful, free parking.

ITC Theatre Center

Brooklyn, which erupted after two years, this play by Anna Devere Smith takes a searing look at the misunderstandings of, and sympathies between, the African-American and Jewish communities living side by side in Crown Heights, Brooklyn. The gripping theater piece touches on the lives of every American, regardless of race, religion and beliefs and will be staged from February 18 to March 5.

All performances are at the ITC's sparkling new home in Downtown Park Forest.

Performance times and individual ticket prices are:

Thursday at 8 p.m., \$15; Friday and Saturday evenings at 8 p.m., \$17; Saturday and Sunday matinees at 2:30 p.m., \$15; and Sundays at 7:30 p.m., \$15. There is a \$1 discount for students and seniors at all performances.

For more information or to order a series subscription, call ITC at (708) 481-3510.

TALL GRASS FILM SERIES

Park Forest theatre and Tall Grass Arts Association have announced a series of some of the best films to the south suburbs at the second Sunday of each

accused of stealing a cheap postal money order. His family, convinced of his innocence, hires the country's best lawyer.

The final film of the current series, "Run Lola Run", from Germany, will be screen on February 13. This surreal story tells the tale of a lost-but-lovely Berlin punk who receives an ultimatum by phone that she must raise 100,000 Deutsche Marks in 20 minutes or her boyfriend will be killed. The story splits into three chapters, each starting with Lola slamming down the phone. The story lines diverge into alternate realities, each spinning toward different conclusions.

Tickets for the entire series are \$20 for members of the Tall Grass Arts Association and \$28 for non-members. Individual tickets for guests of series subscribers are available for \$7. Tickets can be purchased at the Association, 367 Artists Walk, or at the Park Forest theatre.

December 12, "The Winslow Boy," winner of the Academy Award for the Best Foreign Language film will be shown. A middle-aged tango dancer, deserted by his spouse, decides to make a film about the dance he loves. Directed by Carlos Saura, the film has been acclaimed for the dance sequences, music and cinematography.

"The Winslow Boy," directed by playwright David Mamet, who also wrote the screenplay, will be shown on January 9. The film is based on the 1946 play by Terrence Rattigan, which in turn was based on an actual incident in which a young British naval cadet is

Illinois Philharmonic Orchestra

The 75-member Illinois Philharmonic Orchestra, under the direction of Carmen DeLeone, opens its gala 22nd season at 8:00 p.m. on Saturday, January 15, in the Center for Performing Arts at Governors State University.

This first concert features Michael Chertock as soloist in Prokofiev's brilliant **Piano Concerto No. 3**. Other works on the program include **Fanfare for the Common Man** by Aaron Copland in honor of the composer's birth centenary and **Symphony No. 2** by Johannes Brahms.

On Saturday, February 26, Hal Grossman is the violin soloist in Erich Korngold's lush Violin Concerto. Another 20th century work, Bernard Rogers **Japanese Dances** will open the program, which also includes Beethoven's electrifying **Symphony No. 7**. This concert will be repeated on Sunday, February 27 at 3 p.m.

An all-Copland Chamber orchestra concert will be held on Sunday, February 20 at Moraine Valley Community College in Palos Hills. Chicago Symphony orchestra principal clarinetist Larry Combs the soloist in the **Clarinet Concerto**. Other Copland works include **Appalachian Spring** and **Three Latin American Sketches**.

The string quartet, Cuatro de Cuerdas America, will perform Sir Edward Elgar's **Introduction and Allegro** and will also be featured in Vasquez's **Salsa Concerto** on March 18. Paul Hindemith's **Symphonic Metamorphosis on Themes by Weber** and the **Adagietto from Symphony No. 5** by Mahler will also be featured.

Season subscriptions and individual concert tickets are available through the IPO at 377 Artists Walk in Downtown Park Forest or by calling (708) 481-7774.

Freedom Hall

SPIDER SALOFF

Back by popular demand on Saturday, December 4 at 8 p.m. is the silky-sounding singer for a holiday performance that is sure to warm you and put you in the right festive mood. Her interpretation of classic songs, style and elegance of a bygone era prompted the Chicago Tribune to coo "she redefines everything she sings." Tickets are \$12 (for subscribers) and \$15.

LYLE, LYLE CROCODILE

A crocodile in the bathtub? Lyle searches for a place to call home in this entertaining production adapted from the popular book by Bernard Weber. TheaterworksUSA bring this entertaining story to life in a new musical on Saturday, December 4 at 11 a.m. All tickets are \$5.50.

GLENN MILLER ORCHESTRA



The music of this greatest-of-all big bands is almost ingrained into the cultural life of this nation for 60 years. Let the songs serenade you on a winter afternoon on

Sunday, January 16 at 3 p.m. The orchestra, along with vocalists, performs many of the original arrangements along with modern selections that lend themselves naturally to the classic Miller style and sound. Tickets are \$18 (for subscribers) and \$20.

JOEL HALL DANCERS

Now is its 25th season, the Joel Hall Dancers present Chicago's longest thriving multi-cultural jazz dance company. The troupe will celebrate Black History month with "The Crossing" when it performs on stage on Saturday, February 12 at 8 p.m. The program profiles the rich heritage of 20 years of African-American song and art. Tickets are \$16 (for subscribers) and \$18.

O'HARA, LAFFEY & FURLONG

Here's an evening of traditional folk, country-rock, blues and endless entertainment by this female trio who blend their marvelous voices and wit in concert on Saturday, March 18, at 8 p.m. Their diverse song list includes originals and standards rounded with a dollop of comedy. Tickets are \$11 (for subscribers) and \$13.

It's not too late to become a subscriber to the Freedom Hall Series by ordering tickets to three separate events. Call the Freedom Hall box office at 747-0580.

CALL US

The Village's Department of Community Relations provides a variety of services from new resident assistance to administration of our fair housing programs. You can also call Community Relations Director Barbara Moore for assistance with:

Mediation:

if you need to seek mediation in order to solve a conflict or a disagreement. The Park Forest Mediation Task Force helps residents settle conflicts voluntarily by employing the techniques of mediation and conciliation. Trained by the U.S. Department of Justice, our task force has served as a successful model for other communities interested in this type of conflict resolution.

Non-Solicitation:

If you would like to notify the Village that you do not wish to receive any real estate

solicitations. At regular intervals, we provide area realtors with a list of these names and addresses*. This notice remains in effect for one year, or until such time as you instruct us otherwise.

* Realtor compliance is now voluntary.

Housing

Discrimination:

if you feel that you've been discriminated against in the sale or rental of property in Park Forest, based on your skin color, ethnic affiliation, age, religion, marital status or sex.

YOUTH CANTEN

YOUTH CANTEN

Area youth are invited to take part in a popular drop-in program Fridays from 7-10 p.m. at Forest Trail Recreation Center, 215 Wilson. Activities include table tennis, air hockey, pool, and an open gym. The program is open to all students living in Park Forest or attending Forest Trail, Huth or Crete-Monee junior high school. Students can buy a yearlong pass for \$20.

Happenings

Now, more than ever, there is a tremendous need for foster families.

Children of all ages and races need a safe and stable place to call home, especially those with special medical or emotional needs.

If you are interested in becoming a licensed foster parent, contact Kim Turner at Aunt Martha's, at 708/709-7487.

Aunt Martha's is a private, state-licensed youth service agency providing comprehensive community-based programs for children, youth and families.

FORESTER

Village President

John A. Ostenburg

Board of Trustees

Bonita Dillard

Robert E. Furnace

Rita Guritz

Kenneth W. Kramer

Bill Patterson

Jon D. Steinmetz

Village Clerk

Sandra Black, CMC

Village Manager

Janet R. Muchnik

Village of Park Forest

350 Victory Drive

Park Forest,

Illinois

60466

Local Customer
Park Forest, IL 60466

Bulk Rate
U.S. Postage

PAID

Permit No. 2
Park Forest, IL
CAR-RT

PLACES FOR

WINTER
2·0·0·0



FROM THE VILLAGE PRESIDENT

Dear Friends

When I think about winter, I imagine steaming hot tomato soup and grilled cheese sandwiches. That seems to be one of the most powerful images that I retain from my childhood, along with the recollection of playing lunchtime games with my classmates and looking out school windows at the falling snow and anxiously awaiting the opportunity to jump into the drifts on my walk home. Those are my memories of winters during my youth.

Children who have grown up in Park Forest have the opportunity for much richer memories than mine when they move to the other side of the half-century mark in their lives. Thanks to our Parks & Recreation Department and the many programs that are offered year-round, kids in our town can grow up with the recall of numerous wonderful after-school and Saturday activities. If you do not believe me, just read the listings in this booklet and you will see what I mean!

And, just to make up for those of us who were deprived of winter recreation activities when we were young, the Parks & Recreation Department also has a number of programs for the oldsters of our community – that group includes everyone from age 21 to the golden, golden years. Again, rather than take my word for it, take a peak at the listings.

I sincerely urge you to take advantage of these offerings as a means of making the winter months in Park Forest even more wonderful and enjoyable!

On a different note, I want to remind you that several new commissions and boards have been established during the last few months as a means of making sure adequate citizen input is forthcoming for our Village programs and activities.

The Parks & Recreation Advisory Board is one of those bodies and it meets regularly to review the five-year parks and recreation plan and make suggestions on improvements. The meetings of the board are open to the public and you are welcomed to attend if you desire. Contact the Parks & Recreation Department offices at Village Hall to learn when and where the meetings are held.

Two other new groups in our community are the Senior Citizens Advisory Commission and the Youth Commission, both of which have an ancillary relationship to our recreation programs. Both bodies will be looking to increase opportunities for their respective special populations, but also will advise the Village Board on other needs of both our younger and our older citizens. Again, the meetings of these groups are open to the public and your attendance is welcomed. Please call the Village Clerk's office for information on their meeting times and locations.

John A. Ostenburg, Village President

BOARD OF TRUSTEES

Village President

John A. Ostenburg

Term expires 2003

Phone: 748-1265

Trustee Bonita Dillard

Term expires 2000

Phone: 748-8482

Trustee Robert E. Furnace

Term expires 2001

Phone: 748-4146

Trustee Rita Guritz

Term expires 2001

Phone: 747-0577

Trustee Kenneth W. Kramer

Term expires 2002

Phone: 748-1004

Trustee Bill Patterson

Term expires 2000

Phone: 748-0828

Trustee Jon Steinmetz

Term expires 2002

Phone: 748-3381

Village Clerk Sandra Black

Term appointed

Phone 748-1112

FREEDOM HALL



FREEDOM HALL
MANILOW THEATRE

The Pride of Park Forest!

410 Lakewood Boulevard
Telephone: 747-0580
Fax: 503-7737

Office & Box Office hours
Mon. - 11 am-4 pm
Tues. - 11 am-4 pm
Wed. - Closed
Thurs. - 11 am-4 pm
Fri. - 11 am-4 pm
Sat. - 9 am-1 pm

FREEDOM HALL NATHAN MANILOW THEATRE

Freedom Hall presents an impressive line-up of entertainment in its intimate 330-seat Nathan Manilow Theatre "where every seat is a good seat."

GLEN MILLER ORCHESTRA

Sunday, January 16, 3 p.m.

Let the most sought after big-band in the world serenade you on a winter's afternoon! The orchestra along with vocalists will perform many of the original Miller arrangements and modern selections which lend themselves naturally to the Miller style and sound.

Enjoy timeless classics such as *In the Mood*, *Chattanooga Choo Choo*, *Little Brown Jug*, and *Pennsylvania 6-500*.

*This performance is sponsored by
Sun Ray Heating, Inc.*



JOEL HALL DANCERS

Saturday, February 12, 8 p.m.

Now in its 25th season, the Joel Hall Dancers represent Chicago's longest thriving, multi-cultural jazz dance company. The company will celebrate Black History month with "The Crossing," a program profiling the rich heritage of 200 years of African-American song and dance. "The Crossing" revitalizes the rich heritage of African-American song and dance as it crossed over into the consciousness and soul of mainstream America. From slave field songs to the funky blues, from jazz to the sounds of soul, "The Crossing" celebrates the musical contributions of African-Americans.

This performance is sponsored by Target Stores.

FREEDOM HALL

O'HARA, LAFFEY & FURLONG

Saturday, March 18, 8 p.m.

An evening of traditional folk, country-rock, blues and endless entertainment by this female trio who blend their marvelous voices and wit. Their diverse song list includes originals and standards rounded out with a dose of comedy!

This performance is sponsored by Michael J. Cap, Ltd.



"THE FOREIGNER"

Saturday, April 29, 8 p.m.

Combining the beauty of American Sign Language and spoken English, Cleveland Signstage Theatre brings this adult comedy to life making it accessible to both hearing and deaf audiences. An inspired comic romp based on what can happen when a group of devious characters must deal with a stranger who (they think) knows no English but understands more than they expect.

This performance is sponsored by Michael J. Cap, Ltd.



"ANIMAL TALES & DINOSAUR SCALES"

Friday, March 31, 10 a.m. and Noon - school groups

Saturday, April 1, 11 a.m.

Animal antics provide the spark for this show geared to younger audience's fascination with cuddly creatures of all sorts. The professional actors of Child's Play Touring Theatre presents this fun-filled production which whisks audiences from the jungles of Africa to the wintry wastes of the Antarctic to the prehistoric past.

This performance is sponsored by Bank One, Park Forest.

FREEDOM HALL

Freedom Hall is the Village's community/cultural arts center and is ideal for meetings, clubs or parties at reasonable rates.

The **Nathan Manilow Theatre** accommodates 330 people and is equipped with a professional sound system; complete theatrical lighting; a 12-foot electrically powered drop screen on stage; an accoustical backdrop and an enclosed, raised projection booth; with stage dimensions of 40 feet wide and 23 feet deep.

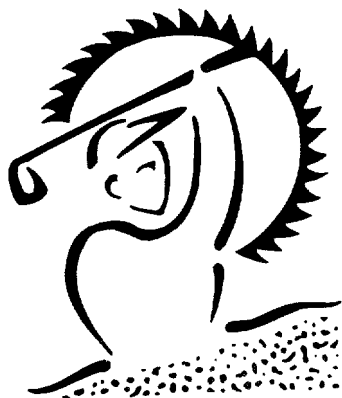
The **Art Activity Room**, serves well as an arts and crafts area or a green room.

The carpeted **Johnson Room** is ideal for a variety of activities for large groups. The room can accommodate 60-65 people with an adjacent kitchen.

Perfect for small to medium-sized groups is the **King Room**, a carpeted room which seats 30 people theatre style.

For rental information telephone 747-0580.

HIDDEN MEADOWS GOLF CLUB



HIDDEN MEADOWS
GOLF CLUB

The Pride of Park Forest!

HIDDEN MEADOWS GOLF CLUB

Crawford Ave. and Stuenkel Road
Telephone: 747-0303

South course, 1,560 yd., par 29
North course, 1,826 yd., par 30
Lighted Driving Range
Lighted Miniature Golf Course
Clubhouse with Pro Shop
Snack Bar and Beverage Lounge
Gas Carts, Hand Carts
Rental Clubs
Practice Putting Green
Watered Fairways
Group & Private Lessons

GREAT GOLF!

Hidden Meadows Golf Club is truly different than the typical wide-open, manicured golf course sprinkled with nursery-grown trees. Fairways on the North Course are secluded from the outside world by thick woodlands and lush wetlands. Dense vegetation separates every fairway. Combined with the refurbished South Course, Hidden Meadows offers 18 holes of challenging play, expanded grass hitting areas and a practice sand bunker. Visit us and see why Hidden Meadows Golf Club is 90 acres of great golf and nature...all yours at great prices.

GOLF LESSONS

For golf lesson information, call the clubhouse to be placed on our mailing list for the Spring 2000 lessons. Lesson and tournament brochures will be mailed the first week in March. Adult classes begin at the end of April, and junior lessons begin in the middle of June. *Classes fill fast, so sign up early!*

PUNCHCARDS

Season passes are also available for the 2000 season. Each punch is good for nine holes. The 50-round punchcard gives you additional savings and makes a great gift for the holidays!

21-round card* \$105 (\$5 per round)
50-round card* \$200 (\$4 per round)

*No additional fees for weekends or holidays. Same price for Jr., Adult, or Sr. punchcards.

Park Forest Resident

REAL DEAL

*Bring this coupon and your proof of
Park Forest residency to:*

HIDDEN MEADOWS GOLF CLUB

☐ ☐ \$2 Off 9-Hole Greens Fee
(Good for two times)

☐ ☐ \$5 Off 18-Hole Greens Fee
(Good for two times)

Expires 5-31-00

PARK FOREST AQUA CENTER



PARK FOREST
AQUA CENTER

The Pride of Park Forest!

PARK FOREST AQUA CENTER

30 North Orchard
Telephone: 747-9490

Beat the heat and come to the Park Forest Aqua Center! The place for kids of all ages. Make plans now to be a part of a great summer experience . . . and get the best buy for your money . . . anywhere in the Southern Suburbs!

Our 160-foot water slide with splash down pool, zero depth pool, sand play and volleyball area, and turf areas make the Park Forest Aqua Center one of the largest and most modern in the Southland region. Add two conventional pools, a full-service concession stand and generous areas for sunbathing and you've got everything needed for a hot summer for everyone in the family. We also offer a full schedule of swim lessons.

You can enjoy the beach right here in Park Forest when you walk into our zero depth pool. Plenty of shallow water and special water play equipment make it a great place for toddlers and non-swimmers. For plenty of action, take a ride on our 160-foot water slide or enjoy a fast game of volleyball on our sand court. All of these features are surrounded by turf, sun decks and beautifully landscaped wood decks.

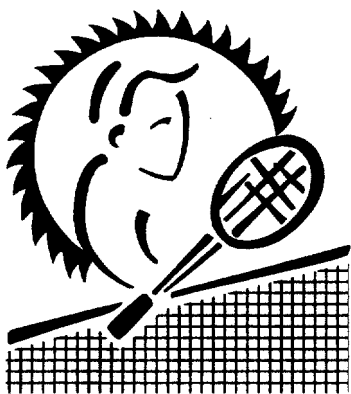
The Aqua Center is a great place to schedule a private pool party for your group or organization. Please contact Gina at 748-2005 for a facility rental application. Facility rental sign-up for the 2000 summer season will begin on **Sat., March 4**, from 9 a.m. until noon at the Park Forest Recreation & Parks Dept. (Village Hall). Rental applications will be on a first-come, first-served basis. A \$50 deposit must accompany the application.

So don't miss out on the best summer has to offer. If you weren't a member last year, call us now at 748-2005. We'll mail you an application form.

PARK FOREST AQUA CENTER FACILITIES

- Two conventional pools (one diving area)
- 160-foot water slide with splash down pool
- Zero depth pool (with water play facilities)
- Sand play area & sand volleyball court
- Full concession stand and concession deck
- Turf sunbathing areas
- Full schedule of swim lessons
- Party rentals

TENNIS & HEALTH CLUB



PARK FOREST
TENNIS & HEALTH CLUB

The Pride of Park Forest!

PARK FOREST TENNIS & HEALTH CLUB

Westwood and Sauk Trail

Telephone: 481-6060

The Park Forest Tennis & Health Club has a lot to offer for every member of your family. Not only do we have six beautifully lit indoor tennis courts, pro shop, whirlpool and sauna in each locker room; we also offer professional tennis instruction, racquet stringing, tanning bed and certified aerobic instruction.

There is also a nice fitness area including such equipment as the eight-station Universal weight machine, two treadmills, stairclimber, rowing machine and an aerobicycle. After exercising you can relax and enjoy the view in our Courtside Lounge. You can't find a friendlier and nicer place at more reasonable rates to get your body and mind in condition. So, come and join our Club now!

PRO SHOP

Our well-equipped pro shop offers a full line of tennis equipment from Prince, Wilson and Nike including the latest in racquets, shoes and fashions. Expert racquet stringing and repair are also available.

MEMBERSHIP INFORMATION

Season: Sept. 13, 1999 - Sept. 8, 2000

Membership Fees	Resident	Non-Resident
3-5 years	N/C	N/C
1st-5th grades	\$ 30	\$ 40
6th-12th grades	\$ 50	\$ 65
Adult	\$150	\$175
Senior (65+)	\$110	\$130
Family	\$200	\$240

OPERATING HOURS*

Sept. 13, 1999 - May 12, 2000

Mon - Thur (7 am - 11 pm)	Sat (7 am - 7 pm)
Fri (7 am - 10 pm)	Sun (8 am - 7 pm)

May 15, 2000 - Sept. 8, 2000 (summer hours)

Mon - Fri (7:30 am - 11 am)
Mon - Thur (5 - 9 pm)
Closed Friday evening, Saturday and Sunday

*The Club reserves the right to close before the above scheduled time when courts have not been reserved in advance.

COURT TIME & RATES

	member	non-member
Early Bird & Weekday Special	\$11/hr	\$18/hr
Jr/Sr Rate (Non-Prime only)	\$11/hr	\$18/hr
Non-Prime	\$14/hr	\$21/hr
Prime	\$19/hr	\$26/hr

TENNIS & HEALTH CLUB



STEP INTO FITNESS

Get in shape and feel good about yourself at the aerobic classes held at the Tennis & Health Club

Classes are offered Mon. through Thur. The fee is \$15 per month for Tennis Club members or \$25 per month for non-members. Attend as many classes as you like during the month.

Our instructors are certified and they teach a variety of exercises. All classes consist of a warm-up, combo of low/high impact aerobics or step, muscle toning (weights optional), power band and spritube workout, toning and cool down. The instructors encourage exercising at your own level, emphasizing energetic and challenging exercises that keep you wanting to come back.

Class Schedule:

Mon/Wed	6:15 - 7:00 p.m.
	7:00 - 7:45 p.m.
Tue/Thur	6:00 - 7:00 p.m.
	7:00 - 8:00 p.m.

Call 481-6060 or 748-2005 for more information.

TENNIS INSTRUCTION

The Tennis & Health Club offers lessons to every member of the family, from three-year-old tennis tots to tournament level junior and adults. Our professional instructors are top-notch players who take a personal interest in you, whether a beginner, intermediate or advanced player.

The third session of group lessons will run from Jan. 3 to March 4. The final session will begin on March 6 and run until May 6. If you are interested and have any questions regarding lesson sign-up, call the Tennis & Health Club at 481-6060.

PRIVATE LESSONS

Private lessons are available throughout the indoor season at a rate of \$22 per hour plus court time. Jaime Prado and Lee Irvin are available for lessons. Please contact Jaime or Lee to set up a time.

PERMANENT COURT TIME (PCT)

The second session of PCT will begin on Jan. 3 and will run through May 5, 2000. First session participants have priority when signing up for PCT. If interested in signing up for PCT, please contact Lee Irvin at the Club.

PRE-SCHOOL PROGRAMS

MUSIC, MOVEMENT & ME

This program is an introduction to music and dance for the very young child with parent participation. Enjoy fun with songs while your child develops coordination and creativity. Carol Hutchinson instructs the class. (No class May 11 & 13)

Ages 1-3 \$25 (NR - \$30) 7 weeks

Public Safety Building, 200 Forest Blvd.

11002-1	Th	10-10:30 am	Jan 13-Feb 24
11002-2	Th	10-10:30 am	Mar 2-Apr 13
11002-3	Th	10-10:30 am	Apr 20-Jun 8

11002-4	Sa	10-10:30 am	Jan 15-Feb 26
11002-5	Sa	10-10:30 am	Mar 4-Apr 15
11002-6	Sa	10-10:30 am	Apr 22-Jun 10



TODDLING TOTS TWO

This program will provide an opportunity for two-year-olds and their moms and/or dads to meet and interact with other children and parents. Songs, stories, finger plays, painting and movement activities comprise the stimulating activities. Come dressed comfortably for many memorable moments. Your child must be two years old before the starting date of the class.

Age 2 \$21 (NR - \$26) 6 weeks

Public Safety Building, 200 Forest Blvd.

11003-1	F	11 am-Noon	Jan 21-Feb 25
11003-2	F	11 am-Noon	Mar 10-Apr 14

NR = Non-resident fee

PRE-SCHOOL ACTIVITIES

Prepare your child for kindergarten with this program that provides an enjoyable experience including creative art, music, games and so much more! Your child must be toilet trained and three years old before Jan 10. (No class Jan. 17 and Apr. 24-28)

Ages 3-5 \$57 (NR - 62)* 6 weeks

Public Safety Building, 200 Forest Blvd.

11010-1	M/W	9:30-11:30 am	Jan 10-Feb 16
11010-2	T/Th	9:30-11:30 am	Jan 11-Feb 17
11010-3	M/W	9:30-11:30 am	Feb 21-Mar 29
11010-4	T/Th	9:30-11:30 am	Feb 22-Mar 30
11010-5	M/W	9:30-11:30 am	Apr 3-May 17
11010-6	T/Th	9:30-11:30 am	Apr 4-May 18

*Second child in family \$51 (NR - \$56)



KRAFTY KIDS

If you love to paint, paste and play, come to Krafty Kids! Each week you will have something that you have made to take home.

Ages 3-5 \$21 (NR - \$26) 6 weeks

Public Safety Building, 200 Forest Blvd.

11004-1	F	9-10 am	Jan 21-Feb 25
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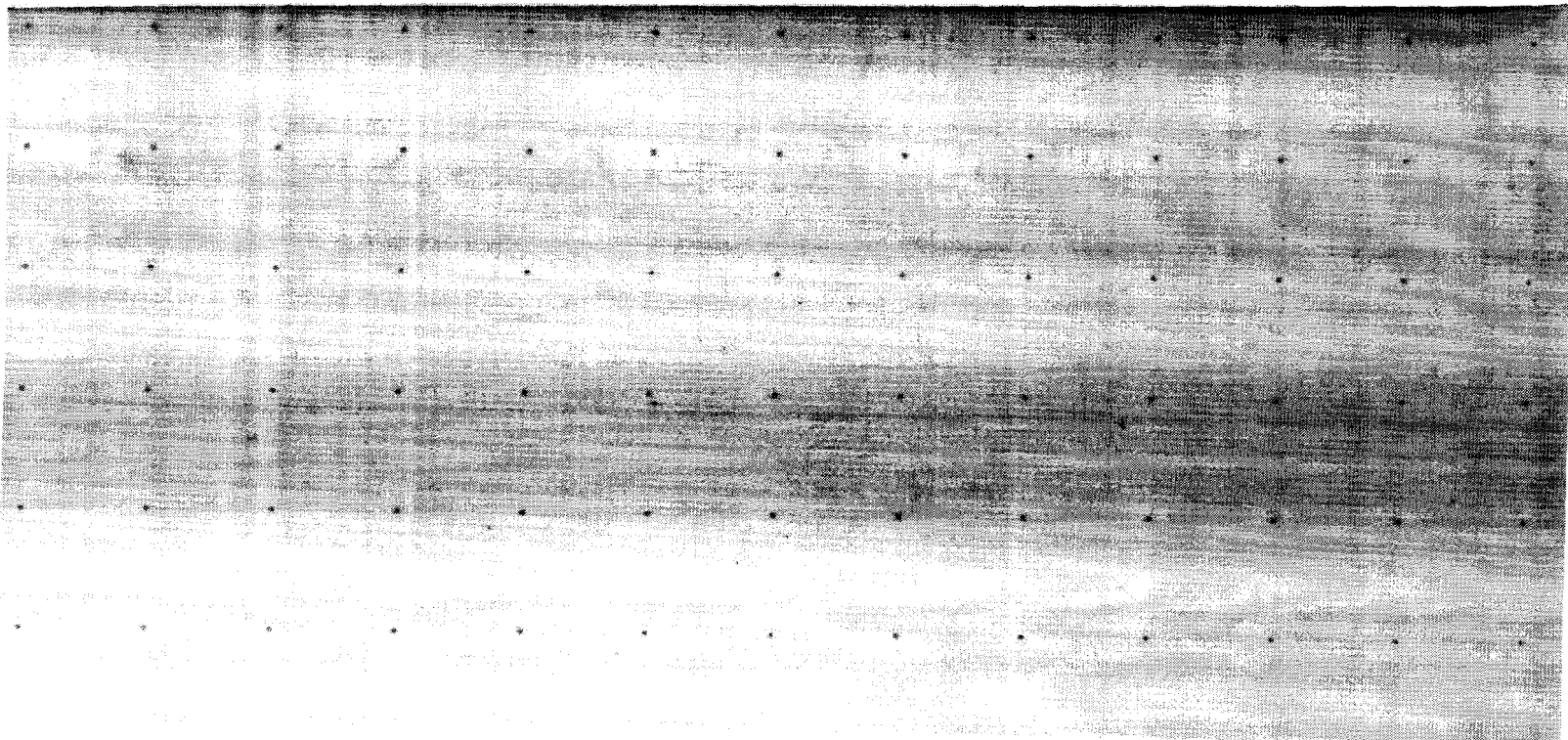
ONE, TWO BUCKLE MY SHOE

Your pre-schooler will learn simple math skills including counting, number recognition and matching through the use of games, songs and other activities.

Ages 3-5 \$21 (NR - \$26) 6 weeks

Public Safety Building, 200 Forest Blvd.

11013-1	F	10-11 am	Jan 21-Feb 25
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PRE-SCHOOL PROGRAMS



PRE-SCHOOL SCIENCE LAB

How would you like to make your own volcano? Would you like to learn how plants drink water? Have you ever seen dancing "bugs"? We will have many surprising things to show you.

Ages 3-5 \$21 (NR - \$26) 6 weeks

Public Safety Building, 200 Forest Blvd.

11011-1 F 10-11 am Mar 10-Apr 14

LET'S COOK UP A STORY

Each week we will meet a new story-book friend. The fun will continue as we cook something right out of the storybook!

Ages 4-6 \$21 (NR - \$26) 6 weeks

Public Safety Building, 200 Forest Blvd.

11014-1 Tu 12-1 pm Jan 18-Feb 22

DINO-MIGHT

Which dinosaur had the biggest teeth? Which dinosaur is the "thunder lizard"? Stories, crafts and games will help us uncover the answers to these and other dinosaur mysteries. If you "dig" dinosaurs, you won't want to miss this class.

Ages 4-6 \$21 (NR - \$26) 6 weeks

Public Safety Building, 200 Forest Blvd.

11015-1 Tu 3-4 pm Jan 18-Feb 22
11015-2 F 9-10am Mar 10-Apr 14

VALENTINE'S DAY PARTY

Pre-schoolers come join the fun and make a craft for your favorite valentine and enjoy a heart filled treat!

Ages 3-5 \$5 (NR - \$7.50)

Public Safety Building, 200 Forest Blvd.

11016-1 Th 1-2:30 pm Feb 10

HOPPIN' EASTER PARTY

Enjoy a fun-filled afternoon making Easter decorations, coloring eggs and enjoying a sweet treat.

Ages 3-5 \$5 (NR - \$7.50)

Public Safety Building, 200 Forest Blvd.

11017-1 Th 1-2:30 pm April 20

KEEPERS & CREEPERS

Tumbling classes are offered under the direction of Gainers Gymnastics. The curriculum is designed to introduce the wonderful world of gymnastics to young gymnasts at the pre-school level. The emphasis is on the development of gross motor skills, coordination, self-confidence and listening skills. One adult per child. (No class Apr. 27)

Ages 18-35 months \$45 (NR - \$50) 8 weeks

Recreation Center (lower level) 215 Wilson

13010-1 Th 5:45-6:30 pm Jan 13-Mar 2
13010-2 Th 5:45-6:30 pm Mar 9-May 4

Ages 4-5 \$45 (NR - \$50) 8 weeks

Recreation Center (lower level) 215 Wilson

13010-3 Th 6:30-7:15 pm Jan 13-Mar 2
13010-4 Th 6:30-7:15 pm Mar 9-May 4



DANCE

REQUIRED DRESS FOR BALLET CLASSES

Girls - pink ballet shoes, any color leotard, a short chiffon skirt and light pink tights.

Boys - white or black T-shirt, black tights and ballet shoes.

Talk to our dance teacher, Miss Carol, at the first class if you need suggestions on where to purchase the required dress.

PRE-DANCE

This program is an introduction to dance including rhythm and movements to improve coordination. Ballet slippers are required and light colored leotards are preferred. Carol Hutchinson instructs the class. (No class May 9 & 13)

Ages 4-5 \$35 (NR - \$40) 7 weeks

Public Safety Building, 200 Forest Blvd.

11501-1	Tu	3:15-4:15 pm	Jan 11-Feb 22
11501-2	Tu	3:15-4:15 pm	Feb 29-Apr 11
11501-3	Tu	3:15-4:15 pm	Apr 18-June 6

Ages 4-5 \$35 (NR - \$40) 7 weeks

Public Safety Building, 200 Forest Blvd.

11501-4	Sa	10:40-11:40 am	Jan 15-Feb 26
11501-5	Sa	10:40-11:40 am	Mar 4-Apr 15
11501-6	Sa	10:40-11:40 am	Apr 22-June 10

BEGINNING BALLET

This class emphasizes dance fundamentals, musicality and creativity. In addition to promoting balance, coordination and rhythm, ballet develops grace and poise. (No class May 13)

Ages 6-12 \$35 (NR - \$40) 7 weeks

Public Safety Building, 200 Forest Blvd.

11502-1	Sa	2:20-3:20 pm	Jan 15-Feb 26
11502-2	Sa	2:20-3:20 pm	Mar 4-Apr 15
11502-3	Sa	2:20-3:20 pm	Apr 22-June 10

BALLET II

Students who wish to continue learning steps, combinations, correct posture and body placement will benefit from this class. (No class May 9 & 13)

Ages 6-12 \$35 (NR - \$40) 7 weeks

Public Safety Building, 200 Forest Blvd.

11503-1	Tu	4:15-5:15 pm	Jan 11-Feb 22
11503-2	Tu	4:15-5:15 pm	Feb 29-Apr 11
11503-3	Tu	4:15-5:15 pm	Apr 18-June 6
11503-4	Sa	11:40-12:40	Jan 15-Feb 26
11503-5	Sa	11:40-12:40	Mar 4-Apr 15
11503-6	Sa	11:40-12:40	Apr 22-June 10

BALLET III

This class is designed for students who have studied three years or more with Miss Carol. (No class May 9 & 11)

Ages 8-12 \$42 (NR - \$47) 7 weeks

Public Safety Building, 200 Forest Blvd.

11506-1	Tu	5:15-6:30 pm	Jan 11-Feb 22
11506-2	Tu	5:15-6:30 pm	Feb 29-Apr 11
11506-3	Tu	5:15-6:30 pm	Apr 18-June 6
11506-4	Th	4:30-5:45 pm	Jan 13-Feb 24
11506-5	Th	4:30-5:45 pm	Mar 2-Apr 13
11506-6	Th	4:30-5:45 pm	Apr 20-June 8



DANCE



ADVANCED BALLET

This program is for those children who have had at least six years of ballet training. The class will include 1 ½ hours of ballet. Point shoes required. (No class May 13)

Ages 12-16 \$50(NR - \$55) 7 weeks			
Public Safety Building, 200 Forest Blvd.			
11504-1	Sa	12:45-2:15 pm	Jan 15-Feb 26
11504-2	Sa	12:45-2:15 pm	Mar 4-Apr 15
11504-3	Sa	12:45-2:15 pm	Apr 22-June 10

JAZZ

This program is for those students who are just starting out with jazz. Leotard and tights, jazz or ballet shoes are required. It is recommended that students taking jazz also take a ballet class. (No class May 9)

Ages 6-12 \$35 (NR - \$40) 7 weeks			
Public Safety Building, 200 Forest Blvd.			
11505-1	Tu	6:30-7:30 pm	Jan 11-Feb 22
11505-2	Tu	6:30-7:30 pm	Feb 29-Apr 11
11505-3	Tu	6:30-7:30 pm	Apr 18-June 6

ADULT BALLET

It's never too late to learn the basics of ballet and stretch your body gracefully to music! (No class May 9)

Ages 13+ \$35 (NR - \$40) 7 weeks			
Public Safety Building, 200 Forest Blvd.			
11601-1	Tu	7:30-8:30 pm	Jan 11-Feb 22
11601-2	Tu	7:30-8:30 pm	Feb 29-Apr 11
11601-3	Tu	7:30-8:30 pm	Apr 18-June 6

ADULT INTERMEDIATE BALLET

This program is designed for students with a minimum of five years of training. (No class May 11)

Ages 13+ \$50(NR-\$55) 7 weeks			
Public Safety Building, 200 Forest Blvd.			
11602-1	Th	12:30-2 pm	Jan 13-Feb 24
11602-2	Th	12:30-2 pm	Mar 2-Apr 13
11602-3	Th	12:30-2 pm	Apr 20-June 8

SWING SENSATION

Come out and join the latest craze. Grab your favorite partner and have a blast as Carl Ryan, a B & R Dance instructor, shows you the finest moves of East Coast swing. The hip toss, floor slide and waist launch are some of the moves you will learn in this hip-hoppin' swing class.

Adults \$45 per person 4 weeks			
Freedom Hall			
11603-1	Tu	7-8 pm	Feb 15-Mar 7

SIZZLING LATIN DANCES

The Merengue and Salsa are some of the hottest dances in the world. The diversity of their rich cultural rhythms make these dances fascinating to all.

Learn the basic moves, turns and beats of the Latin rhythm dances. The Merengue will be taught in the first session and the Salsa in the second session, each consisting of four hours of instruction. Rawsam Alasmar and Laura Sanchez instruct the class.

Adults \$45 per person			
Freedom Hall			
Session I - Merengue - 4 weeks			
11604-1	W	7:30-8:30 pm	Feb 16-Mar 8
Session II - Salsa - 3 weeks			
11604-2	W	7:30-8:30 pm	Mar 15 & 22
		7:30-9:30 pm	Mar 29

ARTS & CRAFTS

YOUNG PICASSOS

Picasso is just one of the famous artists who will be studied and imitated! This program is designed to encourage youngsters to use their imagination and find enjoyment in drawing and painting. Various media will be presented including pastel, pen and ink, pencil, watercolor and more! All supplies included except an all-purpose art pad purchased by participants. Pat Moore instructs the class. (No class April 26)

Ages 6-13 \$30 (NR-\$35) 6 weeks

Village Hall

12001-1	W	6-7:30 pm	Jan 12-Feb 16
12001-2	W	6-7:30 pm	Feb 23-Mar 29
12001-3	W	6-7:30 pm	Apr 5-May 17

MODEL ROCKET LAUNCHING

Shoot for the moon (or maybe Central Park) as you build and launch your own rocket. The program includes video on rocket flight and instruction for building and launching your rocket. Participants receive their own rocket, engines and help in building and launching rockets. We will launch our rockets on the final day of class! **Registration deadline: March 23.**

Ages 8-18 \$14 2 weeks

Freedom Hall

13503-1	Th	3:30-5 pm	Apr 6 & Apr 13
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VALENTINE'S DAY TREAT BOX

Children will rubber stamp a Valentine greeting on a heart-shaped box, filled with chocolate (all that we don't eat!). Mothers and/or fathers feel free to join us. All supplies provided by instructor. Tammy Bond instructs the class.

Ages 8 & up \$10

Olympia Fields Park District, 20712 Western

13505-1	Sa	9-11 am	Feb 5
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MEMORY ALBUM

You and your favorite adult will learn the basics of creating a book full of memories. Each participant will need to bring 8-10 photos from one event (holiday, sports, vacation). Each participant will create a two-page spread on photo-safe paper and inserted in a page protector. All supplies will be provided by instructor. Additional supplies may be ordered from the instructor. Tammy Bond instructs the class.

Ages 7 & up/Adult \$15

Olympia Fields Park District, 20712 Western

13506-1	Sa	9 am-Noon	Mar 11
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AFTERNOON TEA--DOLL & ME

The honor of your presence is requested at an old-fashioned tea party. Young ladies, bring your favorite doll along with a special adult for an afternoon of tea, cookies and a craft. Registration deadline: Jan. 19.

Grades K-5 \$7/pair

Freedom Hall

13504-1	Su	2-3:30 pm	Jan 23
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WATERCOLORS

Whether you are a beginner in watercolor, or have already dabbled in this medium, come and celebrate watercolor with professional painter, illustrator, and teacher, Claire Wiest. You will explore such techniques as wet-in-wet, dry brush, mixed media, sepia, and color theory. Paint subjects ranging from nature themes and landscapes to still life and interiors, and some surprises too! A supply list will be provided prior to the first class. (No class Jan. 17)

Adults \$43 6 weeks

Olympia Fields Park District, 20712 Western

12101-1	M	1:30-4 pm	Jan 10-Feb 14
12101-2	M	1:30-4 pm	Feb 21-Mar 27
12101-3	M	1:30-4 pm	Apr 3-May 8
12101-4	Tu	9-11:30 am	Jan 11-Feb 15
12101-5	Tu	9-11:30 am	Feb 22-Mar 28
12101-6	Tu	9-11:30 am	Apr 4-May 9

SPECIAL INTEREST

DOG OBEDIENCE

Class emphasizes the beginning obedience routines established by the A.K.C. Grooming, general health care and discipline are also covered. Choke collar and six-foot leash (no chain leashes) are required. Trainer must be 14 years or older. Hank Janicki instructs the class.

Dogs 3 months & up \$25 (NR - \$30)
Recreation Center, lower level 6 weeks
 13602-1 Tu 7:30-8:20 pm Jan 18-Feb 22
 13602-2 Tu 7:30-8:20 pm Mar 7-Apr 11
 13602-3 Tu 7:30-8:20 pm Apr 18-May 23



UPROOTING YOUR ANCESTORS

It is the root system that determines the size and stature of the tree. Learn how to locate the history of your family tree's roots. This program provides the basic "who, what, when, where, and how" for the beginning family historian. The instructor, Mike Wheeler, has been doing family research for the past 20 years and will share with you his failures and successes in tracing lost and forgotten ancestors.

Adults \$10
Park Forest Library - Ringing Room
 13603-1 Sa 10 am-1 pm Feb 19

SOUP CLASS

Each week participants will prepare and sample one traditional and one international recipe. Some of the soups to be included are: Portuguese kale soup popular at Cape Cod, chicken corn chowder from the Pennsylvania Dutch, Hawaiian pineapple soup, cheese soup and cream of cauliflower.

Adult \$25 (NR-\$30) 6 weeks
Village Hall
 13604 - 1 M 7-8:30 pm Jan 24-Feb 28

FAMILY GYM NIGHT

Open gym for parents and their children (preschool-8th grade) at the Recreation Center (Forest Trail Jr. High). Shoot baskets, play pick-up games, skip rope, whatever! Fathers, sons, daughters, mothers—come out and have fun. Park Forest residents only.

Family Free 12 weeks
Recreation Center, 215 Wilson
 Tuesdays 6-7:30 pm Jan 11-Mar 28

FAMILY SOCK HOP

The night may be cold but the gym will be hot as a D-jay spins dance favorites at a sock hop for families. Co-sponsored by the Park Forest Family League, Moms and/or Dads, and their kids will have a blast dancing and playing games. Refreshments served, bring the family! Register at Village Hall or pay at the door.

\$2 per person or \$5 per family
Recreation Center Gym, 215 Wilson
 13701-1 Sa 6-8 pm Mar 11

YOUTH SPORTS

LITTLE DRAGONS

This pre-karate class encourages self-confidence, focus, attention span, discipline and coordination while learning basic karate techniques. Instructors: Masters Roger and Dottie Jerome. (No class May 29)

Ages 4-6 \$35 8 weeks

Keeling Center Gym

13004-1	M	5:30-6:15 pm	Jan 3-Feb 21
13004-2	M	5:30-6:15 pm	Feb 28-Apr 17
13004-3	M	5:30-6:15 pm	Apr 24-June 19

KARATE

Wado Ki Karate develops "the way of the peaceful spirit." Karate enhances the student's esteem, sense of accomplishment, discipline and physical health. Classes are held year-round with students progressing at their own rate (testing for rank requires an additional fee).

Classes are taught under the supervision of Sensei Jerome, an 8th degree black belt. All classes are run by certified black belts. (No class May 29)

Age 6 & up \$35 8 weeks

Beginning & Advanced, Keeling Center Gym

13003-1	M	5:30-6:30 pm	Jan 3-Feb 21
13003-2	M	5:30-6:30 pm	Feb 28-Apr 17
13003-3	M	5:30-6:30 pm	Apr 24-June 19

GYMNASTICS

The Park Forest Recreation and Parks Department's gymnastics program is under the direction of John and Judy Redmond, owners of Gainers Gymnastics. Gainers Gymnastics started in 1978 as the instructional program for the YMCA at Governors State University. Gainers Gym is now an independent gymnastics service providing gymnastic instruction to 28 communities. The Redmonds have many accomplishments in addition to Gainers Gym, including serving as Gymnastics Commissioners for Prairie State Games, past USA Gymnastics State Chairman, USA Gymnastics Olympic Development Chairman and Assistant Coach at Rich Central High School.

Gainers Gym offers a comprehensive program aimed at developing students from preschool through high school regardless of past experience or skill level.

PRE-SCHOOL GYMNASTICS

See page 9 for pre-school gymnastic classes.

INSTRUCTIONAL GYMNASTICS

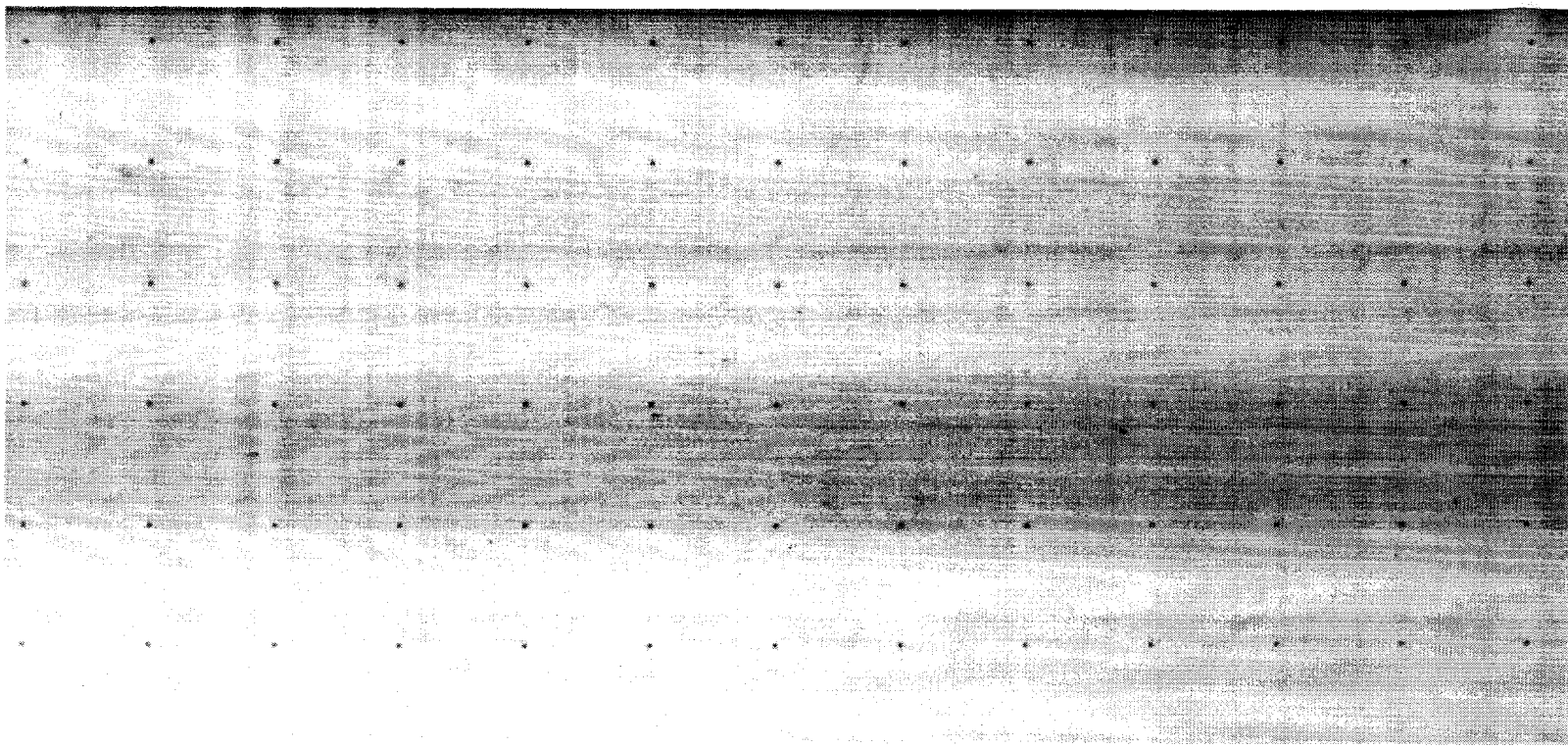
The primary considerations of this program are sound mechanical principles, innovative techniques, enthusiastic leadership and the safety and well being of all participants. Participants receive basic instruction in tumbling and gymnastic progressions. (No class April 26)

Grades 1-6 \$50 (NR - \$55) 8 weeks				Grades 1-6 \$50 (NR - \$55) 8 weeks			
Recreation Center (lower level, 215 Wilson)				Recreation Center (lower level, 215 Wilson)			
Beginners				Intermediate			
13001-1	W	5:45-6:45 pm	Jan 12-Mar 1	13001-3	W	6:45-7:45 pm	Jan 12-Mar 1
13001-2	W	5:45-6:45 pm	Mar 8-May 3	13001-4	W	6:45-7:45 pm	Mar 8-May 3

CHEERLEADERS

This class is for girls who want to learn the special skills of cheerleading including basic tumbling, jumps, backhand springs and salto's. (No class Apr. 27)

Grades 7-12 \$45 (NR - \$50) 8 weeks			
Recreation Center (lower level), 215 Wilson			
13011-1	Th	7:15-8 pm	Jan 13-Mar 2
13011-2	Th	7:15-8 pm	Mar 9-May 4



YOUTH SPORTS

IN-LINE HOCKEY LEAGUE

Hot wheels on asphalt...join in the fun of playing in-line hockey. Teams will be formed and standings kept.

Players must have skates, helmet with face mask and a stick. Jersey included in fee. Call 748-2005 for more information. **Registration deadline is March 29.** (No meetings Apr. 25 & 26)

\$30 6 weeks

Forest Trail In-line Rink

Pee Wee (ages 5-8)

13002-1 Tu 4-5 pm Apr 4-May 16

Junior (ages 9-13)

13002-2 W 4-5 pm Apr 5-May 17

YOUTH OPEN GYM

We open up the Keeling Center gym for some fun during the cold winter! Tuesday is for 6th-8th graders who want to play basketball and Wednesday is for high schoolers for basketball. No registration necessary, must be a Park Forest resident and have school I.D. for admission. (We reserve the right to limit the number of participants.)

Location: Keeling Center Gym, 375 Oswego

Basketball (Grades 6-8)

Tuesdays 4-5:15 pm Jan 18-Mar 7

Basketball (Grades 9-12)

Wednesdays 4-5:15 pm Jan 19-Mar 8



YOUTH SAND VOLLEYBALL

New!! Check out the new sand volleyball courts at Forest Trail Junior High. Leagues are forming for junior and senior high school students. Games will be right after school. Teams of six can be boys, girls or co-ed. **Registration deadline: April 21.**

Grades 6-8 \$15/team 5 weeks

Forest Trail Sand Volleyball Court

13009-1 Th 3-5 pm May 4-June 1

Grades 9-12 \$15/team 5 weeks

Forest Trail Sand Volleyball Court

13009-2 F 3-5 pm May 5-June 2

CHICAGO BULLS/NBA 2BALL

Sponsored by the NBA and the Chicago Bulls, 2ball comes to Park Forest! This program tests a player's shooting, passing and dribbling skills.

Players must register as a team of **two**, boys, girls or co-ed teams, age brackets of 9-11, 12-14, 15-17. Each team has one minute to score as many baskets as possible from any of six shooting spots identified on the game court. Each spot is worth different points based on difficulty, and the two team members alternate shooting the ball. (Varsity high school players are ineligible to compete.)

Winning teams in their gender and age division advance to area competition and the top two teams in the state advance to state competition at an April 13, 2000, Chicago Bulls game. **Competition is free but you must bring a waiver signed by parent/guardian. Waiver forms are available at the Village Hall.**

Ages 9-17 Free

Recreation Center Gym, 215 Wilson

Saturday 1-5 pm February 26

YOUTH ACTIVITIES



JR HIGH CANTEEN

Area youth are invited to participate in this popular drop-in program. Activities include ping pong, air hockey, pool and open gym. This program is open to all students living in Park Forest or attending Forest Trail, Huth or Crete-Monee Jr. High. Students may purchase a pass good for all year.

Grades 6-8 \$20 pass

Recreation Center

13005-1 F 7-10 pm Jan 7-Mar 17

CAMP BRAINFREEZE

Hey, it's O.K. to chill out when school is out! Kids can join us for six fun-filled days of sports, games, crafts and more! You can register for 1-6 days of camp. Please register at the Village Hall

Ages 6-12 \$30 or \$6 daily fee (NR - \$35/\$7)

Recreation Center, 215 Wilson

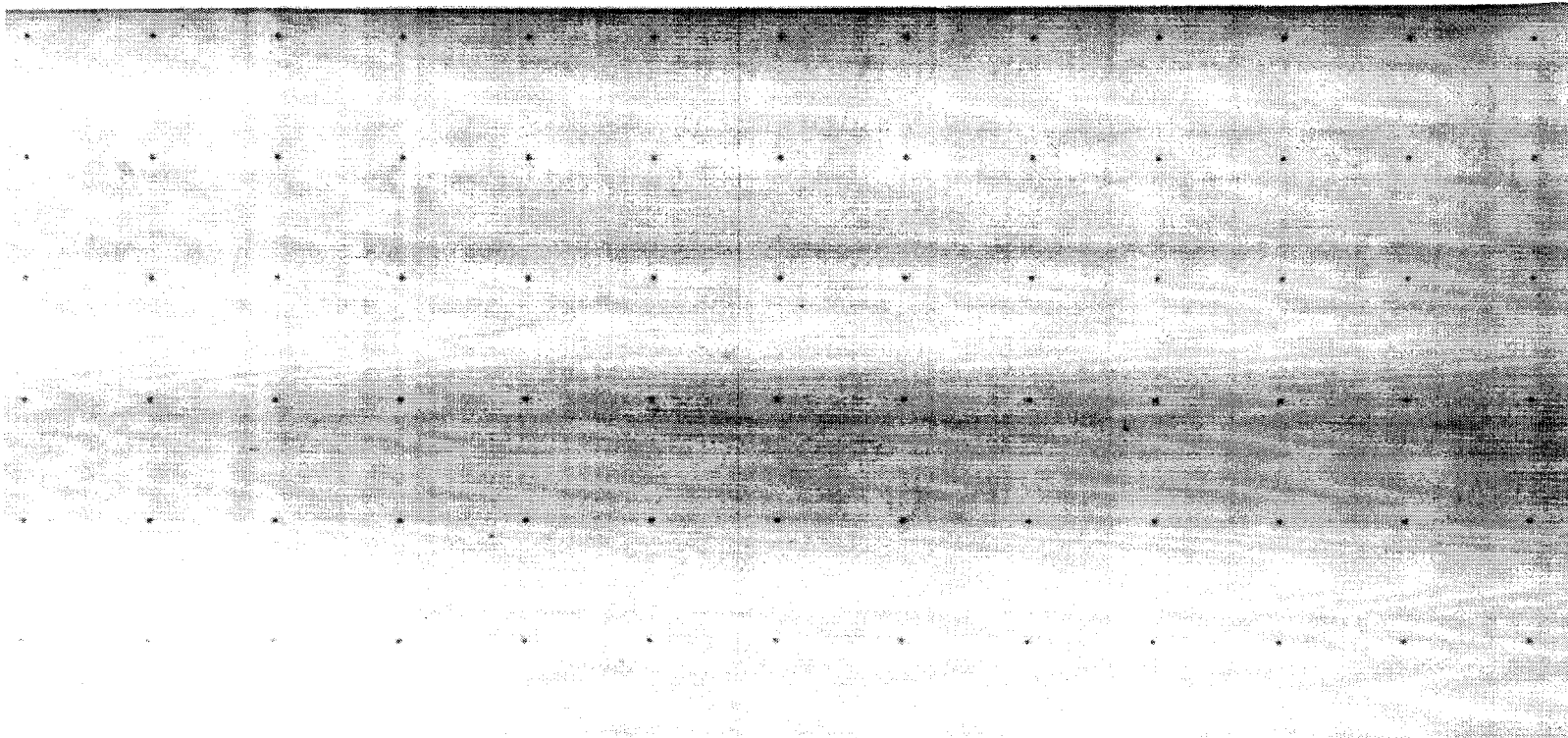
16005-1 M-W 9 am-4 pm Dec 20-29

BABYSITTING TRAINING

This class will give you the information and skills necessary to provide safe and responsible care for children in the absence of parents. You will develop skills in leadership, safety, safe play, basic care, first aid and responsibility. The class will be taught by Red Cross certified instructor Karen Ylimaki. The registration fee includes a Red Cross Handbook and a certificate upon completion.

Ages 11 & older \$50 2 weeks

Olympia Fields Park District, 20712 Western
13507-1 Sa 9 am-1 pm Apr 1 & 8



YOUTH SPORTS ORGANIZATIONS

GIRLS' 12" FAST PITCH SOFTBALL

Park Forest Girls' Softball Association will hold registration at Freedom Hall for the 2000 season on Sat., Jan. 29, 9 a.m. - Noon and Wed., Feb. 2, 6:00 - 8 p.m. The program is open to girls six years of age by Sept. 1, 2000 and who have not reached their twentieth birthday before Sept. 1, 2000.

For girls 6 to 8 years of age, there is a Tee Ball League. This is an instructional league for girls to learn the basic skills of the game. For girls 9 to 19 years old, there are four separate age level leagues in which all girls can develop the basic skills and strategy of the game. The objectives are solely to develop the ideals of good sportsmanship, integrity, loyalty, courage, and good community roots.

For further information please contact Tammy Reid at 283-2344.

KIDSOCCEER

It's FUN! It's also a structured, educational and a non-competitive soccer program for beginners.

The **kidSoccer** season consists of nine weeks of training and eight non-competitive matches. Each child has his or her own weekly 1 1/2 hour regular team training session and is also welcome to attend the optional once a week "Excellence Training" at no additional cost. The \$75 program fee includes all training, games, participation in special events and a uniform jersey. (Additional equipment is required.)

All matches are played on Saturdays and games times will rotate between 8 a.m. and 5 p.m. The **kidSoccer** season begins with the first week of training starting April 24. Matches will be played April 29 through June 17.

For more information:

kidSoccer
P.O. Box 381
Park Forest, IL 60466
(708) 503-1994

PARK FOREST BASEBALL

Park Forest Baseball is an instructional and recreational league offering boys and girls ages 5-15 the opportunity to learn the skills and fun of baseball.

Practices begin April 3. Opening day is April 29 and the season runs through July 17. T-Ball League - 12 game season; Pinto, Mustang, Bronco and Pony Leagues - 20 game seasons. A full uniform - socks, pants, jersey and cap - is provided for each player.

2000 Registration Dates
Location: Freedom Hall

Feb. 4, 6-8 pm

Feb. 5, 10 am-2 pm

Feb. 11, 6-8 pm

Feb. 12, 10 am-2 pm

Please call 283-1285 with any questions.

ADULT FITNESS & SPORTS



ADULT EXERCISE

Wake up your morning with music, moves and motivation to keep you "humming" all day. This is a well-rounded program including an opening warmup, light "no jump" aerobics, toning, firming and a cool-down period. The class is geared for beginners or for those who have not exercised for a while. Karen Hohbach instructs the class.

Adults	\$20	6 weeks
Village Hall		
12608-1	T/Th 9-9:50 am	Jan 11-Feb 17
12608-2	T/Th 9-9:50 am	Feb 22-Mar 30
12608-3	T/Th 9-9:50 am	Apr 4-May 11

HATHA YOGA

The ancient science of yoga allows you to unfold into a harmonious, fulfilling and healthy life. Increase your flexibility through gentle movement and learn how to concentrate on breathing to reduce stress. Wear loose fitting clothing and bring a pad or blanket. John Harn instructs the class.

All ages	\$25	6 weeks
Freedom Hall		
12603-1	Th 7-8:30 pm	Jan 13-Feb 17
12603-2	Th 7-8:30 pm	Mar 2-Apr 6
12603-3	Th 7-8:30 pm	Apr 20-May 25

TAI CHI

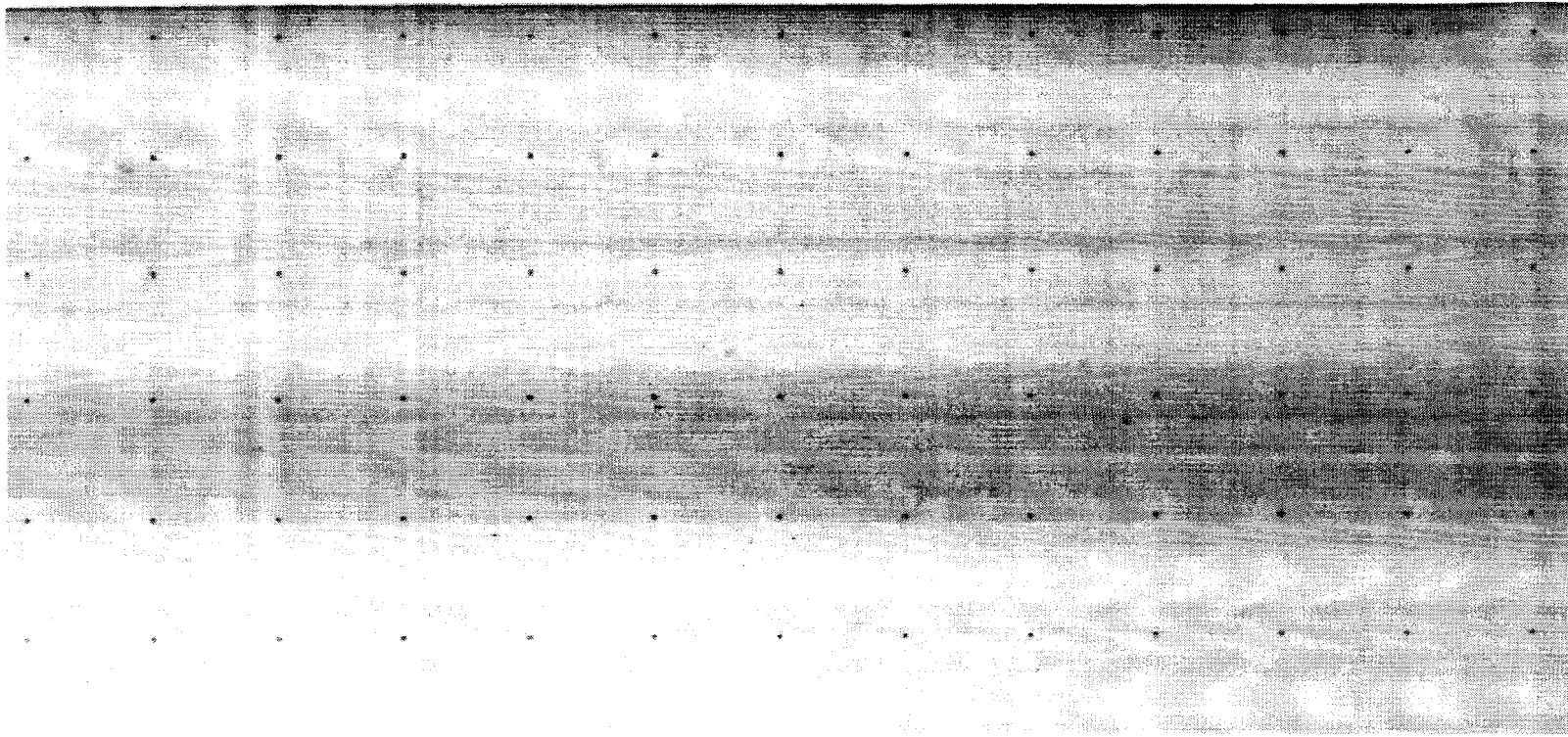
This program teaches Tai Chi or Tai Ji, an ancient form of Chinese exercise. All movements are done in a connected, slow, relaxed manner to cultivate circulation, gently activate the joints and quiet the mind, thus restoring a sense of vitality and well-being. Donna Ulanowski instructs the class. (No class May 30)

Age 16 - Adult	\$55	7 weeks
Village Hall		
12601-1	Tu 10-11 am	Jan 18-Feb 29
12601-2	Tu 10-11 am	Mar 7-Apr 18
12601-3	Tu 10-11 am	Apr 25-June 13

TAI CHI CHIH

Tai Chi Chih is an easy to learn, stress releasing, slow moving, gentle meditative exercise. Tai Chi Chih, consisting of only 20 movements, increases body awareness, concentration, circulation, coordination, strength and peace of mind. Victoria Koestler instructs the class. (No class Jan. 17 & Apr. 3)

Adults	\$50	6 weeks
Freedom Hall		
12602-1	M 7-8 pm	Jan 10-Feb 21
12602-2	M 7-8 pm	Feb 28-Apr 10
12602-3	M 7-8 pm	Apr 17-May 22



ADULT FITNESS & SPORTS

WOMEN'S SELF DEFENSE

This program involves the principles of defense in which body balance, leverage and attitude will be emphasized. Techniques of karate, kung-fu and judo will be utilized in addition to stress relief. Joe Ibanez instructs the class.

Adults \$45 6 weeks

Olympia Fields Park District, 20712 Western
12606-1 Th 7-8 pm Jan 20-Feb 24
12606-2 Th 7-8 pm Mar 2-Apr 6

WOMEN'S KICKBOXING

Come join this high aerobic, high energy workout class which combines both karate and boxing. There will be lots of punching, kicking and wild music. You will find this class is a great way to learn martial arts, boxing techniques and have fun doing it.

Ages 14-Adult \$45 6 weeks

Olympia Fields Park District, 20712 Western
12605-1 Th 8-9 pm Jan 20-Feb 24
12605-2 Th 8-9 pm Mar 2-Apr 6

ADULT OPEN GYM

Open gym basketball for Park Forest residents. Must be pre-registered. Bring current photo I.D. and address to register at Village Hall.

Ages 18+ \$20 12 weeks

Recreation Center, 215 Wilson
13101-1 Tu 7:30-9 pm Jan 11-Mar 28

THREE-MAN BASKETBALL

For adults interested in participating in a recreational basketball league. Teams play up to four 21-point games in one hour's time. Teams referee and keep the score. *Rosters and fees are due by Thursday, Jan. 6 at 5 p.m.* Practice date is on Jan. 10.

Ages 18+ \$85/team (6 team max) 12 wks

Rec. Center Gym, 215 Wilson
13102-1 M 6:30-10:30 pm Jan 17-Apr 3

Ages 30+ \$85/team (6 team max) 12 wks

Rec. Center Gym, 215 Wilson
13102-2 M 6:30-10:30 pm Jan 17-Apr 3

OPEN VOLLEYBALL

NEW! Get your team together and use this time as practice or bring your friends and have a little fun. Pay at the door.

Ages 17+ \$2 per visit 8 weeks

Recreation Center, 215 Wilson
Wednesday 8-10 pm Jan 12-Mar 1

SUMMER SOFTBALL LEAGUES

An organizational meeting for adult summer softball leagues will be held at the Park Forest Tennis & Health Club (Westwood & Sauk Trail) on Mon., March 20 at 6:30 p.m.

Anyone interested in a Mon., Tue. or Thur. men's 12" league, a Wed. women's 11" league or a new men's 40 and over 12" league on Wed. should attend. For further information, call 748-2005.

SKIING AT IRONS OAKS

Take advantage of cross country skiing at nearby Irons Oaks, 2453 Vollmer Rd, Olympia Fields. Call 481-2330 for snow conditions and ski rental information.

TRIPS

THE 92ND CHICAGO AUTO SHOW

The Chicago Auto Show at McCormick Place is the nation's largest, with more than 1,000 exciting new production cars, trucks, sport utilities, concept and specialty vehicles on display. Last year's show attracted more than 1.2 million visitors to the mammoth show floor. What can you expect this year? The world's largest room transformed into a transportation fantasyland of amazing displays that will be sure to generate excitement for you. The lights and color of the Chicago Auto Show will be a welcome change for those trapped in the late winter doldrums. Your fee includes motorcoach transportation and admission. Lunch is on your own. **Registration deadline is January 31.**

Adults \$20

Depart/Return: Freedom Hall

14609-1 F 8:30 am-5:30 pm Feb 11

APPLE HOLLER

Join us for a memorable trip to beautiful scenic Sturtevant, Wisconsin. We will be spending the day at the Apple Holler orchard, restaurant, bakery, gift shop and theatre. Once at the Apple Holler we will sample unique and fruity Wisconsin wines, non-alcoholic sparkling apple juice, fresh apple cider and an assortment of tasty local cheeses. After having our fill of wine and cheese, we will sit down to a delicious lunch with all of the country trimmings.

After lunch, we will have the opportunity to sit back and relax and enjoy the play *Marry Me a Little*. A man and a woman living in separate apartments sing charming Stephen Sondheim songs about their experiences with love and loneliness. Get out of the cold and join us for a day of warm country charm at the Apple Holler. Fee includes motorcoach transportation, wine and cheese tasting session, full luncheon, play/musical, tip and tax. **Registration deadline is February 14.**

Adults \$45

Depart/Return: Freedom Hall

14610-1 F 8:45 am-5:30 pm Feb 25

HOLLYWOOD CASINO

Let yourself go in the excitement and razzle-dazzle of Hollywood Casino-Aurora. Your fee will include motorcoach transportation, an all you can eat buffet lunch at Hollywood's Epic Buffet, \$5 cash and gaming sessions from 1-5 p.m. Also, feel free to enjoy the entire Hollywood atmosphere now that you can exit and enter the casino area as you please. The Hollywood Casino is now a dockside facility. Experience the best casino in Chicagoland. **Registration deadline is February 21.**

Adults \$14

Depart/Return: Freedom Hall

14611-1 F 10:30 am-6 pm Mar 3

WOLVES VS MOOSE

A Discovery Channel Drama? No, a trip to the Allstate Arena to see the Chicago Wolves devour the Manitoba Moose. Remember when a Blackhawks game was affordable, exciting and visible from your seat? This is that! Fee includes reserved seating and school bus transportation. **Registration deadline is February 25.**

All ages \$18

Depart/Return: Freedom Hall

14705-1 F 5-11:15 pm Mar 24

TRIPS

IKEA & WOODFIELD MALL

Our first stop is IKEA, a store with over 400,000 square feet housing every item you need for every room in the house from furniture to tableware to bed linens. Our next stop is Woodfield Mall featuring nearly 300 stores including 40 restaurants and food speciality shops, as well as Nordstrom, Marshall Fields, JC Penney, Sears and Lord & Taylor. Fee includes motorcoach transportation only. **Registration deadline is March 20.**

Adults \$19

Depart/Return: Freedom Hall

14612-1 M 8:30 am-5:30 pm Apr 3

WHITE SOX OPENER

Come out and enjoy a night of fun baseball. The rebuilding White Sox take on the visiting Anaheim Angels. Fee includes ticket and school bus transportation. **Registration deadline is April 7.**

All ages \$25 (under 18 accompanied by adult)

Depart/Return: Freedom Hall

14706-1 F 4:30-10:30 pm Apr 14

CANTIGNY

Cantigny, located in Wheaton IL, was the estate of Robert R. McCormick, former editor and publisher of the *Chicago Tribune*. Our day includes a tour of the McCormick Museum (McCormick's 35-room mansion), the 10-acre formal garden designed by Franz Lipp, the First Division Museum which relates the history of the Big Red One from WWI to the Gulf War, and exploring the nature trails and gift shop. Lunch on your own at the Tack Room Café or pack a picnic lunch! This trip requires a good amount of walking. Motorcoach transportation. **Registration deadline is April 17.**

All Ages \$15 (under 18 accompanied by adult)

Depart/Return: Freedom Hall

14704-1 W 8:45am-3:45 pm May 3

GALENA IN THE SPRINGTIME

Experience the warm hospitality, the 19th Century charm and the spectacular scenery of the countryside when we travel to historic Galena. The day begins with a continental breakfast in Freedom Hall before we board the luxury motorcoach. We will stop in Stockton for a delicious lunch at Karen's Kitchen. After lunch we will be treated to the Apple River Fort and Interpretive Center tour. Then it is time to check in at the historic DeSoto House Hotel where you will have time to freshen up before departing for the Galena Trolley Tours featuring the Washburn Mansion and Lin Mar Gardens. Next stop is dinner at the charming Fried Green Tomatoes Restaurant. After dinner it is on to the Trolley Depot Theatre for "A Nite in Vegas" featuring actor, impressionist, singer, comedian, Frank Pisani, the Ultimate One-Man Show.

Wednesday begins with a full breakfast and plenty of time to browse the unique shops right outside the hotel door. Enjoy lunch at the hotel before departing for a mind-expanding and historically gossipy tour of Galena including a tour of Grant's Home given by a surprise step-on-guide. A complete itinerary will be mailed a week before departure. Fee includes luxury motorcoach transportation, hotel, two breakfasts, two lunches, one dinner and all taxes, tours, tips and gratuities. **Registration deadline is March 13.** No refunds after May 2.

Adults \$255/triple \$277/double \$325/single

Depart 7 am and return approx. 8 pm - Freedom Hall

14608-1 Tu-W May 16-17